5



## SPIN EXCITATION METHOD AND APPARATUS AND MAGNETIC RESONANCE IMAGING APPARATUS

## ABSTRACT OF THE DISCLOSURE

In order to provide a spin excitation method and apparatus for performing imaging with good efficiency while keeping within an SAR limit, and a magnetic resonance imaging apparatus employing such a spin excitation apparatus, an SAR of an object to be imaged in executing a pulse sequence is predicted (704); and at least one among the number of pulses, pulse waveform and pulse width of the RF pulses in the pulse sequence is adjusted (706) so that the predicted SAR value falls within a predetermined limit.